

Dr. POORNIMA BANSAL,
B.N.Y, S. (GOLD MEDALIST),
MD IN CLINICAL NATUROPATHY
(GOLD MEDALIST)
Naturopathy Physician & Yoga Therapy Consultant
E-mail Address: dr.bansalpoornima@gmail.com
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CURRICULUM VITAE

Career Objective:

Rendering service to the best of my abilities and utilizing every opportunity to contribute Grow and excel with the organization, which facilitates individual growth and institutional Development & excel in the field through quality, & evidence based scientific approach.

Academic details :

Professionaldegree in Naturopathy and Yogic Sciences [BNYS: -
BACHELORS OF NATUROPATHY AND YOGIC SCIENCES] from
MASCHNYS (SVSU), Meerut, Uttar
Pradesh.

Master of Doctorate (M.D) in Naturopathy clinical from SDM COLLEGE
OF NATUROPATHY AND YOGIC SCIENCES (SDMCNYS) UJIRE,
RGUHS, Bengaluru, Karnataka, India.

Degree of Sangeet Prabhakar (6 year Diploma) from “PRAYAG SANGEET
SAMITI”, Allahabad

Academic Specifications:

COURSE	YEAR	INSTITUTION / UNIVERSITY
B.N.Y.S.	2012 – 2018	MASCHNYS (SVSU), Meerut, UttarPradesh
M.D in Naturopathy	2018 - 2021	SDMCNYS (RGUHS), Ujire, Karnataka

Experience-

- Worked as lecturer in mother institute for 6 months after graduation in Subharti University.
- Working as assistant professor in Maharishi Aurobindo Subharti College and hospital naturopathy and yogic sciences since 1.5 years after post-graduation. (Total two years of teaching experience)

Research Paper Published :

"The immediate effect of neutral spinal compress on heart rate variability in hypertensive individuals" Year - 2021, doi.org/10.1515/jcim-2021-0162

Journal of complementary and integrative medicine (PUBMED INDEX JOURNAL)

<https://www.degruyter.com/document/doi/10.1515/jcim-2021-0162/html?lang=en>

Ongoing studies:

- “Effect of abdomen mud pack on Electrogastrogram in gastritis patient”
- “Systematic review on medicinal property of Tulsi plant”
- “Narrative study Role of kunjla kriya on Digestive system”

Allopathy exposure –

- One year rotatory internship in Bachelors.
- One year posting during MD programme in SDM allopathic hospital Dharwad Karnataka.
- Covid -19 duty for one month in SDM hospital Dharwad, Karnarntaka.

Clinical trainings:

Rotatory internship program in BNYS (2017 – 18)

INSTITUTION	DEPARTMENT	ACTIVITIES
Subharti Medical College Meerut (U.P)	Medicine(2weeks)	OPD consultation, IPD Patientscare Through Naturopathy and Yoga Along With Allopathic Medicine.
Subharti Medical College Meerut(U.P)	Emergency Medicine (2Week)	Emergency patient care through Naturopathy and Yoga along With Allopathic Medicine.
Subharti Medical College Meerut(U.P)	Obstetrics and Gynecology(2 Week)	Role of Yoga and Naturopathyin during pregnancy and after delivery of the baby.
		Diet planning during pregnancy.
		Baby care.
		Immunization.
Subharti Medical College Meerut(U.P)	Orthopedics(2 Week)	Role of Yoga and Naturopathyin Ortho patients medicine.
		OPD Consultation.
Subharti Medical College Meerut(U.P)	Psychiatry(2 Week)	Yoga Counseling of the Psychiatry patient.
		Yoga classes for Psychiatry patient.
		Relaxation techniques.
		Yoga for alcoholic patient.
Subharti Medical College Meerut(U.P)	Physiotherapy(2 Week)	OPD consultation.
		Diet Chart (IPD Patient and OPD Patient).
Subharti Medical College Meerut(U.P)	Multan Nagar(Primary health centre)(2 Week)	OPD consultation.
		Community Survey.
		Yoga Classes.
Subharti Medical College Meerut(U.P)	Respiratory	OPD consultation and Yogic
Subharti Medical College Meerut(U.P)	Medicine (2 Week)	counseling with patient care along with allopathic medicine.
Subharti Medical College Meerut(U.P)	Dermatology Skin &VD(2 Week)	OPD consultation and Naturopathy treatment withpatient care along with allopathic medicine.
Subharti Medical College Meerut(U.P)	Emergency ICU(2 Week)	Emergency patient care through Naturopathy and Yoga With Allopathic Medicine.
Subharti Medical College Meerut(U.P)	Surgery(2 Week)	OPD Consultation.
		Minor Surgery.
		Diet Chart in Surgical cases.
Subharti Medical College Meerut(U.P)	Naturopathy andyoga department	OPD Consultation, IPD Patientscare Through N Yoga, Acupuncture, Physiotherapy treatment
Subharti Medical College Meerut(U.P)	Naturopathy andyoga department	OPD Consultation, IPD Patientscare Through Naturopathy and Yoga. Acupuncture

Rotatory internship program in MD (Clinical naturopathy)

INSTITUTION	DEPARTMENT
SDM College of Medical Sciences and Hospital,Dharwad	Department of Neurology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Psychiatry
SDM College of Medical Sciences and Hospital,Dharwad	Department of Orthopedics
SDM College of Medical Sciences and Hospital,Dharwad	Department of OBG
SDM College of Medical Sciences and Hospital,Dharwad	Department of ENT
SDM College of Medical Sciences and Hospital,Dharwad	Department of Physiotherapy
SDM College of Medical Sciences and Hospital,Dharwad	Department of general medicine
SDM College of Medical Sciences and Hospital,Dharwad	Department of Cardiology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Neurosurgery
SDM College of Medical Sciences and Hospital,Dharwad	Department of Community medicine
SDM College of Medical Sciences and Hospital,Dharwad	Department of Causality
SDM College of Medical Sciences and Hospital,Dharwad	Department of Dermatology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Radiology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Gastroenterology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Nephrology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Urology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Ophthalmology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Pulmonology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Dietetics
SDM College of Medical Sciences and Hospital,Dharwad	Department of Endocrinology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Hematology
SDM College of Medical Sciences and Hospital,Dharwad	Department of Naturopathy

Academic projects ongoing :

- ✚ Effect of Cold hip bath on obesity
- ✚ Effect of Acupuncture on Osteoarthritis
- ✚ Effect of Beetroot juice on hemoglobin level in adolescent girls

Conferences / Workshops / Camps Attended: (few are enlisted)

- ✚ National yoga week in Morarji Desai National Institute of yoga from 12-18 February, 2013
- ✚ National yoga week conference for yoga for youth in Morarji Desai National Institute of Yoga 2014.
- ✚ Participated in the One day workshop on “Thai massage” in Subharti Naturopathy and Yoga College on 27 Sept. 2015.
- ✚ National conference on Yoga for Wellness in life in March 2015
- ✚ Workshop on Generating Positivity: A Scientific Approach from Sep 29-30, 2018 in Patanjali Research Foundation, Haridwar, Uttarakhand
- ✚ One day workshop on Research methodology and computer applications in 2018 in Subharti University
- ✚ Certificate of appreciation in Spandan 2018 in Subharti University,
- ✚ 2nd National conference on yoga and naturopathy as life style medicine for metabolic and lifestyle disease 2019.
- ✚ 2nd international conference on Yoga and Naturopathy as Life style medicine in SDMCNYS from 15th -16th 2019.
- ✚ 23rd INCOFYRA on Yoga as lifestyle medicine in SVYASA IN 2020
- ✚ International conference on Naturopathy Day, Pune on 18th and 19th November 2022
- ✚ Subharti Yuva Mentorship Certificate December 2022 Meerut.

CAMPS ATTENDED

- Participated in 1 Month Camp in Nauchandi Mela 2015.
- Participated 1-month camp in Nauchandi Mela 2018.
- Participated 1 Day camp to Armed forces families by delivering lecture and a demo on Yoga.
- Participated First national naturopathy day in Vidhan sabha banglore 2018.
- Participated in 1week National nutritional programme 2015

Videos on youtube:

- ✚ <https://www.youtube.com/watch?v=LiuMZNtaDO0>
- ✚ <https://news.subharti.org/strategies-for-time-and-stress-management-during-examination/>
- ✚ <https://news.subharti.org/webinar-on-nep-2020-2/>
- ✚ <https://www.youtube.com/watch?v=U4p-I7paVto&pp=ygUec3ViaGFydGkgaG9zcGl0YWwgbmF0dXJvcGF0aHkg>

Professional strength:

- Completed degree of Sangeet Prabhakar (6 year Diploma) from Prayag “Sangeet Samiti, Allahabad and has knowledge of Music therapy for treating psychological state of mind such as stress , anxiety depression, Insomnia etc.
- Experienced in holistic health streams like Yoga, Acupuncture, Physiotherapy, Acupressure, Dietand nutrition and Hydrotherapy.
- Experience in Wellness counseling, Nutritional counseling and diet therapy
- Treated migraine, lumbago, cervical spondylitis patients with Acupuncture therapy
- Notable inter personal skills, with ability to communicate effectively with all levels of management, students, staff and guests.
- Dedicated to do exceptional service to patients, able to cultivate positive report and nurture relationships by offering services beyond expectation.
- Recognized for outstanding work ethic, creativeness, integrity, and commitment to the organizations.

Professional Skills

- Good communicative skills love to work with nature.
- Skill to address students and motivational lecture to students
- Motivated, leadership quality , Public speaking with self-learning power.
- Acupuncture, PET. SMET, Yoga nidra , Mind Relaxation Techniques
- Nutritious Diet Management for Various Nutritious disorders
- Stress and Psychological Disorders Management
- Dedicated to exceptional service to patients; able to cultivate positive rapport and nurture relationships by offering service beyond expectations
- Notable interpersonal skills, with ability to communicate effectively with all levels of management, staff and guests.

Personal details:

- Name : Dr. Poornima Bansal
- Date of birth : 17th Jun 1994
- Father's name : Mr. Pawan kumar Bansal
- Mother's name : Mrs. Babita Bansal
- Marital Status: Unmarried
- Address : 30/1 Prem prayag colony , Garh road , Meerut .
- Nationality : Indian
- Languages known : English, Hindi and Kannada
- Hobbies : Playing tabla, dholak, mridangam, Singing spiritual bhajans , Reading spiritual texts like Shrimad bhagavatam ,Shrimad bhagwatgeeta, Practicing Yoga, Painting, Art and craft.

Declaration:

I hereby declare that all of the above mentioned information is true to the best of my knowledge.

Date: 25-07-2023

Yours Sincerely,
Dr. Poornima Bansal
BNYS, MD Clinical Naturopathy